# Mental Distress

These questions concern how you have been feeling over the past 30 days. Choose the answer that best represents how you have been feeling. During the last 30 days:

<table>
<thead>
<tr>
<th># Question</th>
<th>Average Response Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 How often did you feel tired out for no good reason?</td>
<td>3.40</td>
</tr>
<tr>
<td>2 How often did you feel nervous?</td>
<td>3.22</td>
</tr>
<tr>
<td>3 How often did you feel so nervous that nothing could calm you down?</td>
<td>2.24</td>
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<tr>
<td>4 How often did you feel hopeless?</td>
<td>2.46</td>
</tr>
<tr>
<td>5 How often did you feel restless or fidgety?</td>
<td>3.10</td>
</tr>
<tr>
<td>6 How often did you feel so restless you could not sit still?</td>
<td>2.40</td>
</tr>
<tr>
<td>7 How often did you feel depressed?</td>
<td>2.66</td>
</tr>
<tr>
<td>8 How often did you feel that everything was an effort?</td>
<td>3.15</td>
</tr>
<tr>
<td>9 How often did you feel so sad that nothing could cheer you up?</td>
<td>2.20</td>
</tr>
<tr>
<td>10 How often did you feel worthless?</td>
<td>2.29</td>
</tr>
</tbody>
</table>

Mental Distress Total

Sample Size = 1,875

- **Little or No Mental Distress**
  - 431 (22.99%)
- **Mild Mental Distress**
  - 336 (17.92%)
- **Moderate Mental Distress**
  - 365 (19.47%)
- **Severe Mental Distress**
  - 743 (39.63%)

Summed Score of 10-items of K10, with higher scores reflecting more mental distress.


- <20 = Little or No Mental Distress
- 20-24 = Mild Mental Distress
- 25-29 = Moderate Mental Distress
- 30-50 = Severe Mental Distress

CCWS - Spring - 2023

Mental Health

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Mental Health

- Domestic/International: All
- Credential Type: All
- Indigenous: All
- Full-Time/Part-Time: All
- New to Institution: All
- Year Standing: All
- Age Group: All
- Gender: All
- Ethnicity: All
- Average Grade: All
- Finance Stress: All
- Born in Canada: All
- Parents Born Outside of Canada: All
- Disability: All